

THE COMPLETE ANALYSIS OF ME.

my life in transit.

by becca schepps

I never wanted a dog.

**I never asked my parents
for a dog. I never promised I
would walk it.**

**I never vowed it would be the
last thing I would ever ask for
ever in my entire life.**

But I did beg.

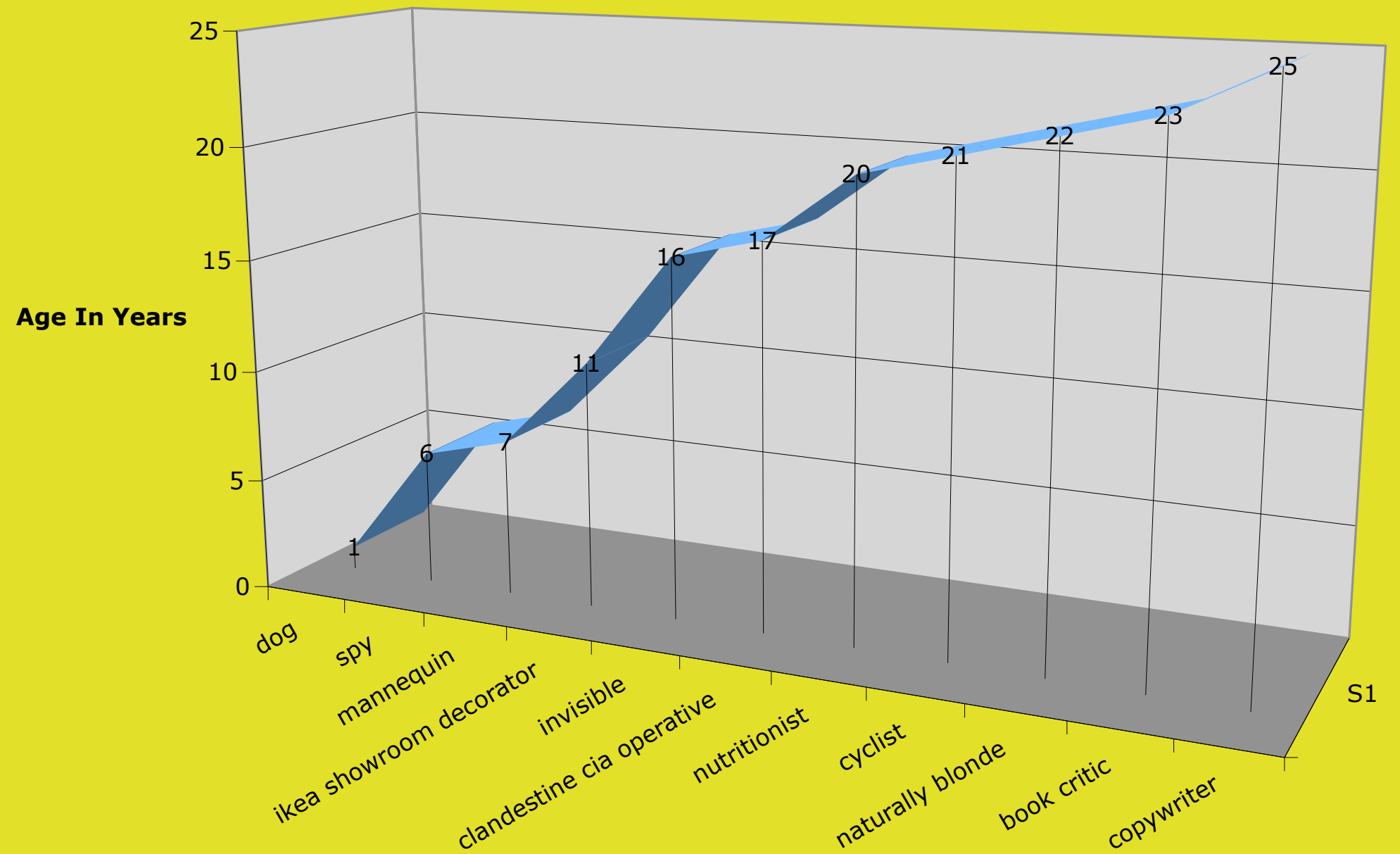
And I did bark.

**I was the dog, when I was
three. Whenever the doorbell rang I would
get on all fours, bark at the door
and run to it. I demanded my food
be served to me on the floor.**

This is weird.

**And I'm a little embarrassed
I'm sharing it.**

What I Want To Be When I Grow Up By Age



One day I was standing with my parents in New York City. They wanted to teach me how to get around by myself. We came up from the subway and my mom said to me, “Okay Becca, can you figure out how to get to Penn Station from here.”

I looked left, right and straight ahead.

I was clueless.

I saw a man carrying a briefcase and wearing a very respectable suit.

He was a man with answers.

**I tugged on his jacket and asked,
“Excuse me sir, how do you get to Penn Station?”
He pointed me in the right direction.**

**No one knows everything,
except moms.**

Skip to a few years later. I was in the city sans parents. I came up from the subway, it was rush hour. I was engulfed by a sea of yellow taxis and black suits. I walked with them, hoping to find what I was looking for. But I wasn't sure I could. Noises filled my ears, while people swarmed all around me.

I looked left, right and straight ahead.

Nothing seemed right. Finally I looked behind me and realized I had to go where I had already been.

**If you're going the wrong way,
turn around.**

What I Listen To In The Car



■ Talk Radio

■ Top 40

■ Classic Oldies

■ My Mom On My Cellphone

■ A Mix CD from someone with much better taste than myself.

■ Silence

At my first job at an architecture firm I worked with a girl named Jane. Her college major was something called “Urban Planning.”

From what I understood, these are the people endowed with the daunting task of eliminating traffic and easing travel.

They are the City Planners.

She showed me all the software and complicated algorithms they use to compute traffic flow, learn where to build roads, put parking spaces, and guide public transportation.

Sounds intense.

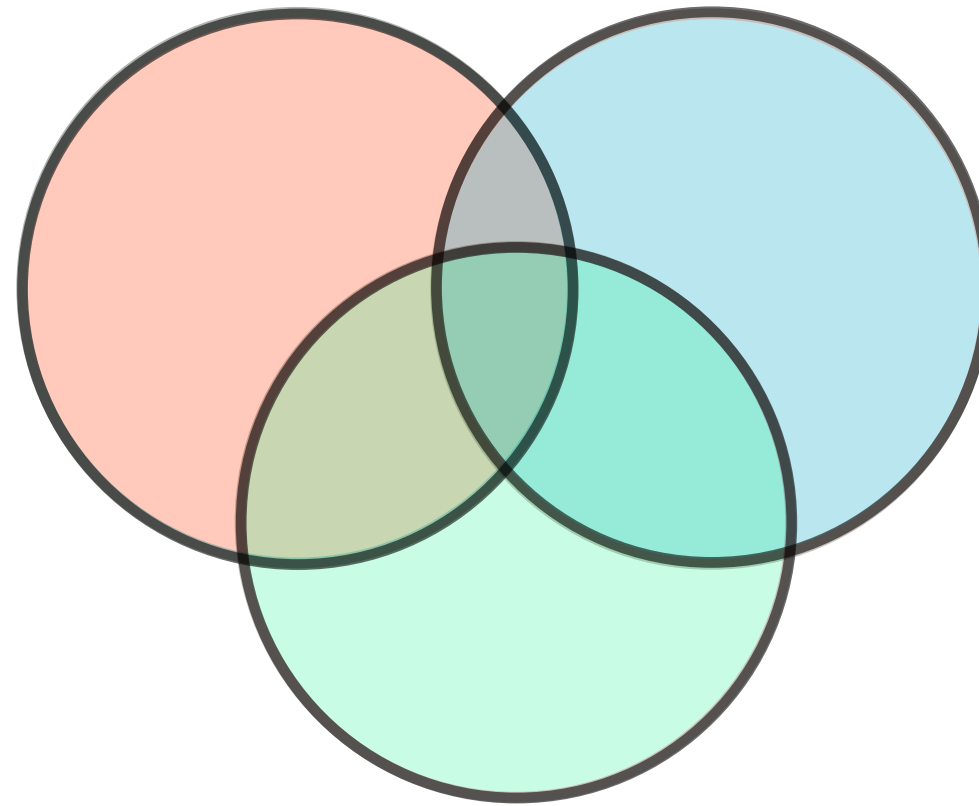
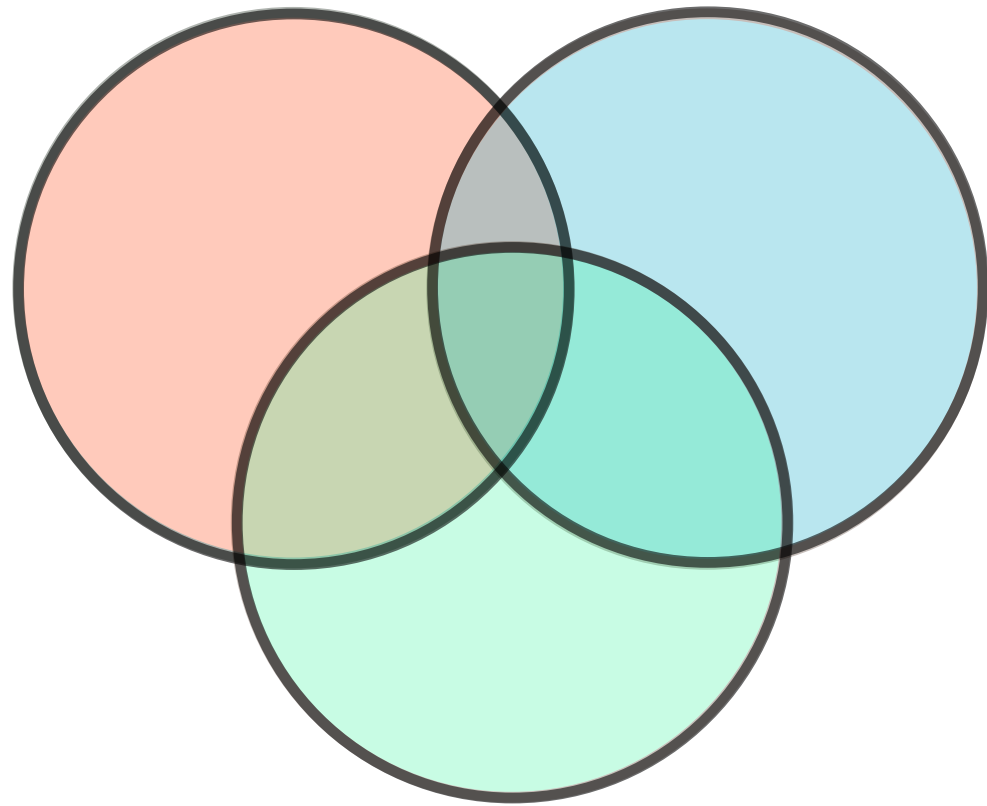
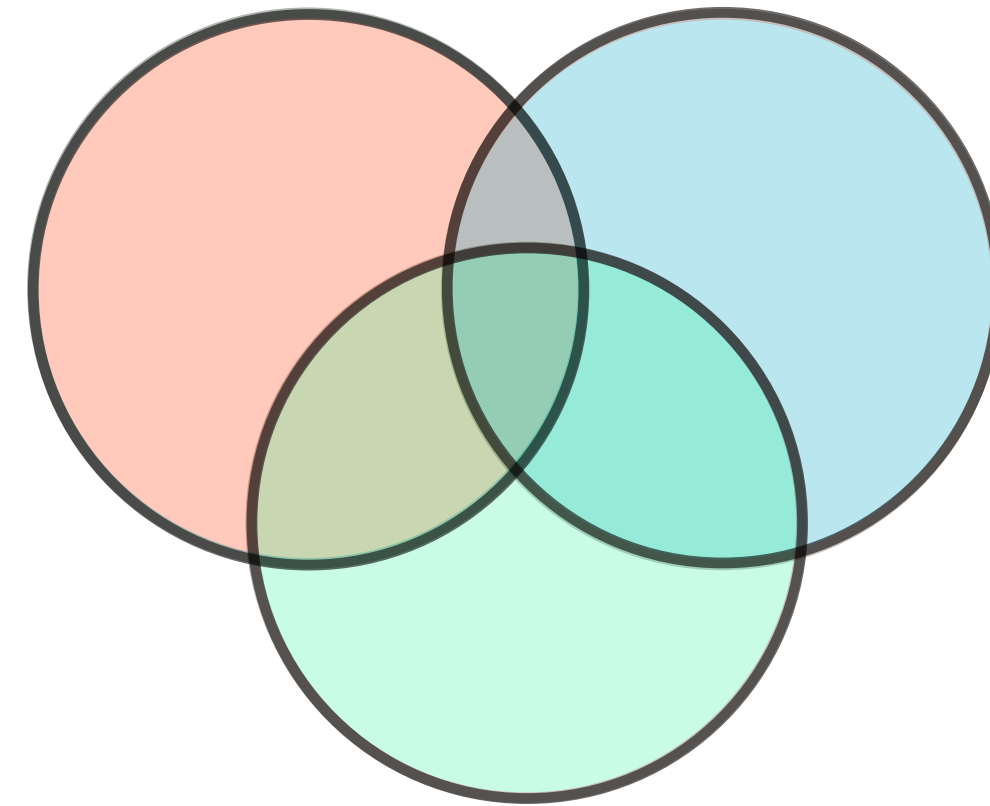
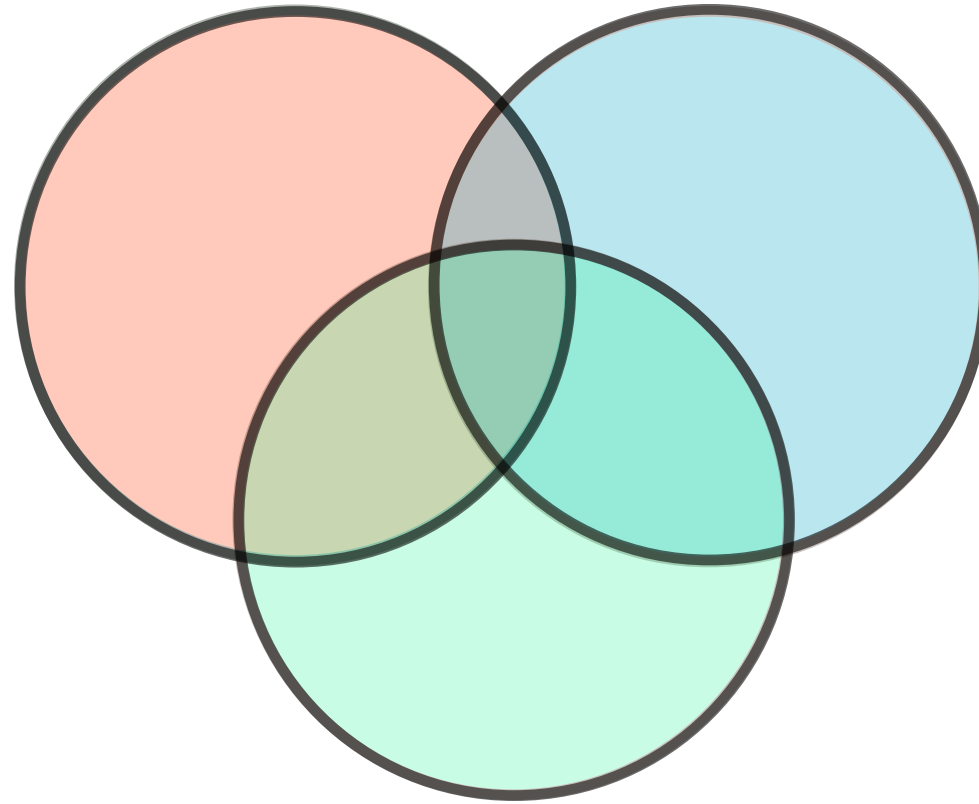
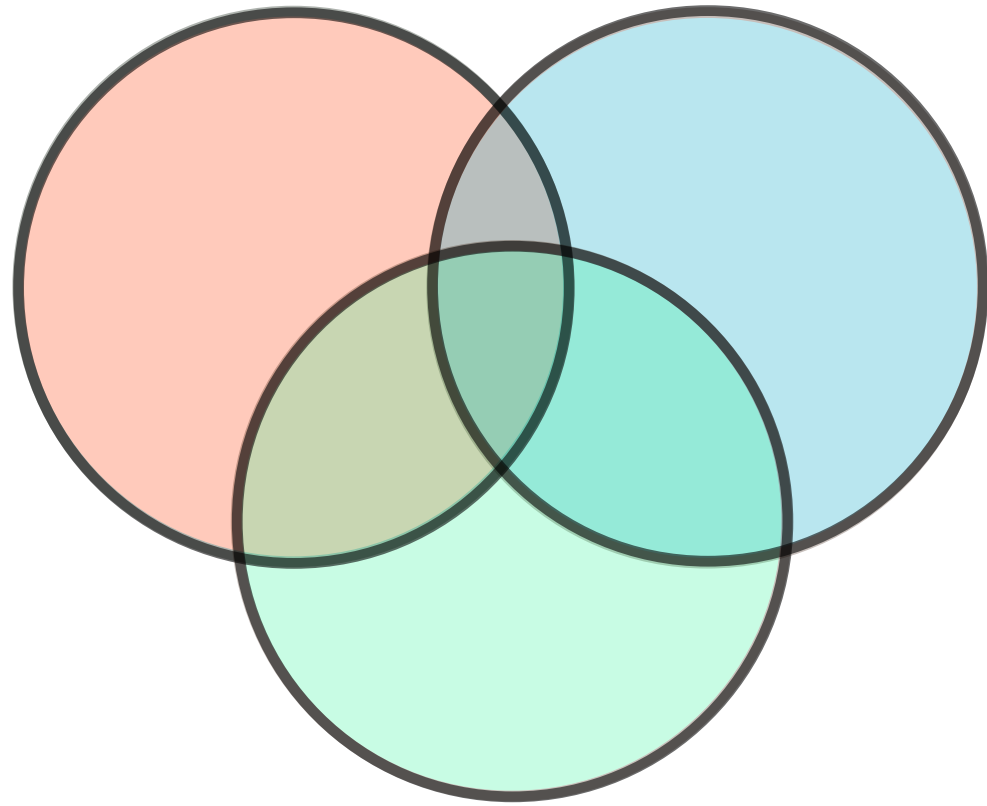
And I don’t think they work.

Because I grew up in New Jersey and I have lived in Atlanta, and no one has ever offered me a plausible explanation for why there is bumper-to-bumper traffic at 2pm on a Monday.

Here is my city planning software:

THE NO PARKING / PARKING VEN DIAGRAM



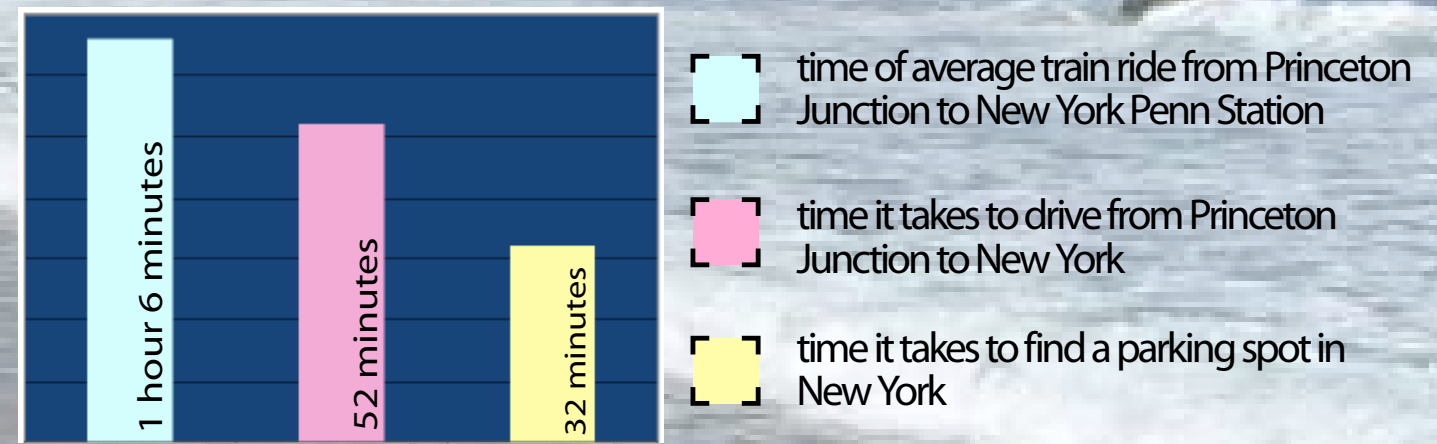


SPREAD SOME VEN:
Plot your own foolproof diagram and show those signs you're no fool. Say, "bye bye parking tickets. Time to hit the unemployment line, meter maids."

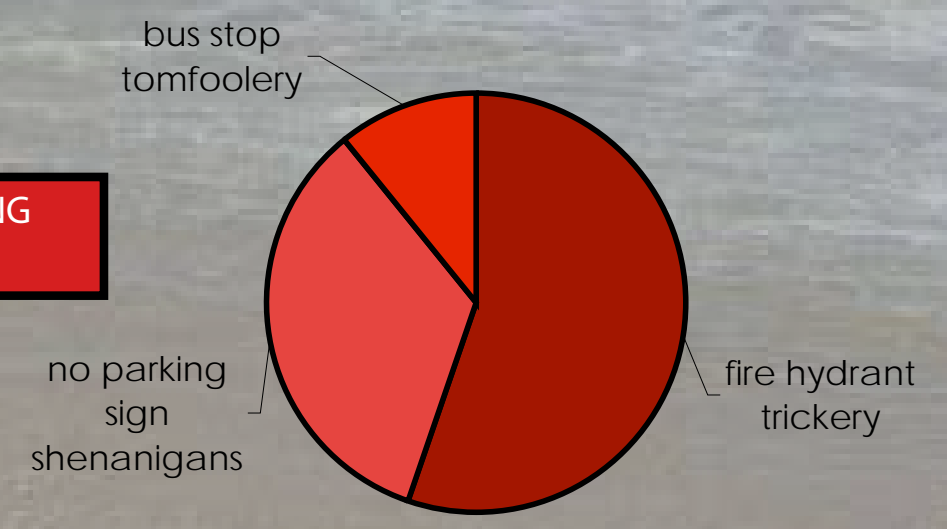
STUDIES SHOW REDUCING STRESS LENGTHENS LIFE EXPECTANCY WHICH CORRELATES TO MORE TIME STRESSING ABOUT GETTING FROM HERE TO THERE.

RISK ANALYSIS OF TRAIN VERSUS CAR TRAVEL TO NEW YORK CITY*

A BRIEF STUDY OF INEFFICIENCY IN NEW YORK CITY TRANSIT:



OBSTACLES INDUCING STRESS DURING THE PURSUIT OF PARKING:



***This picture is here to exhibit the zen state of mind needed when contemplating the daily grind of commuting into the city.**

**My brother built a
ramp for his BMX
bike.**

He would ride over it, practicing tricks while I filmed so he could judge how much air he was getting. One day he grabbed the camera, turned to me, telling me it was my turn give it a try. I never rode the BMX bike, and to be honest, I was scared. He told me what to do:

Pedal fast and as you get in the air, stand up.

I did this.

But when I stood up, I really stood up.

I let go of the bike and flew 10 feet in the air,

stopping 3 inches short of a tree.

Then, somehow, the bike landed on top of me.

It knocked me unconscious.

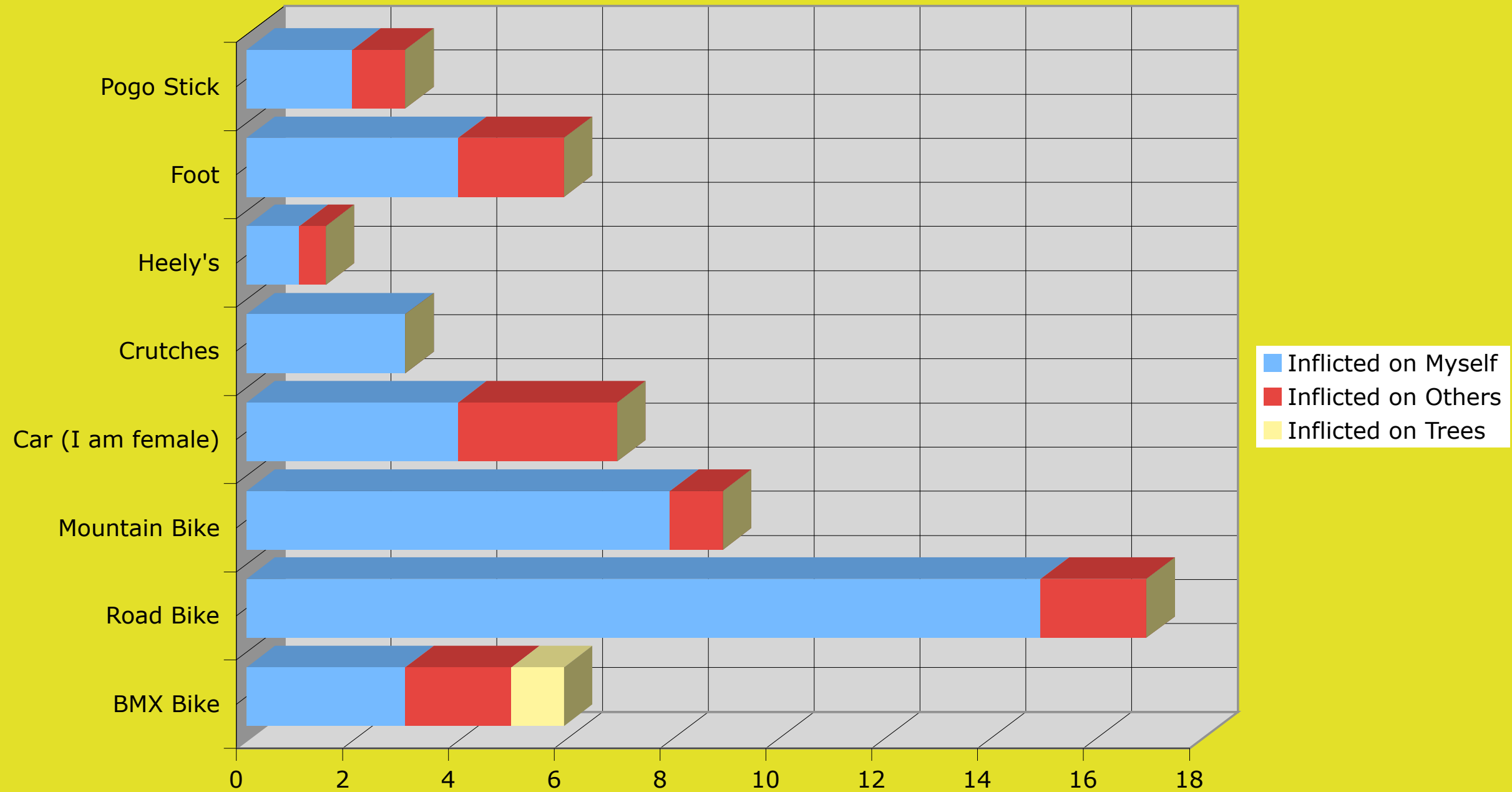
I awoke to my brother hovering over me.

The first words out of my mouth:

“Did you get that on tape? We could win \$100,000.”

He didn't.

Near Death Experiences on Various Modes of Transportation



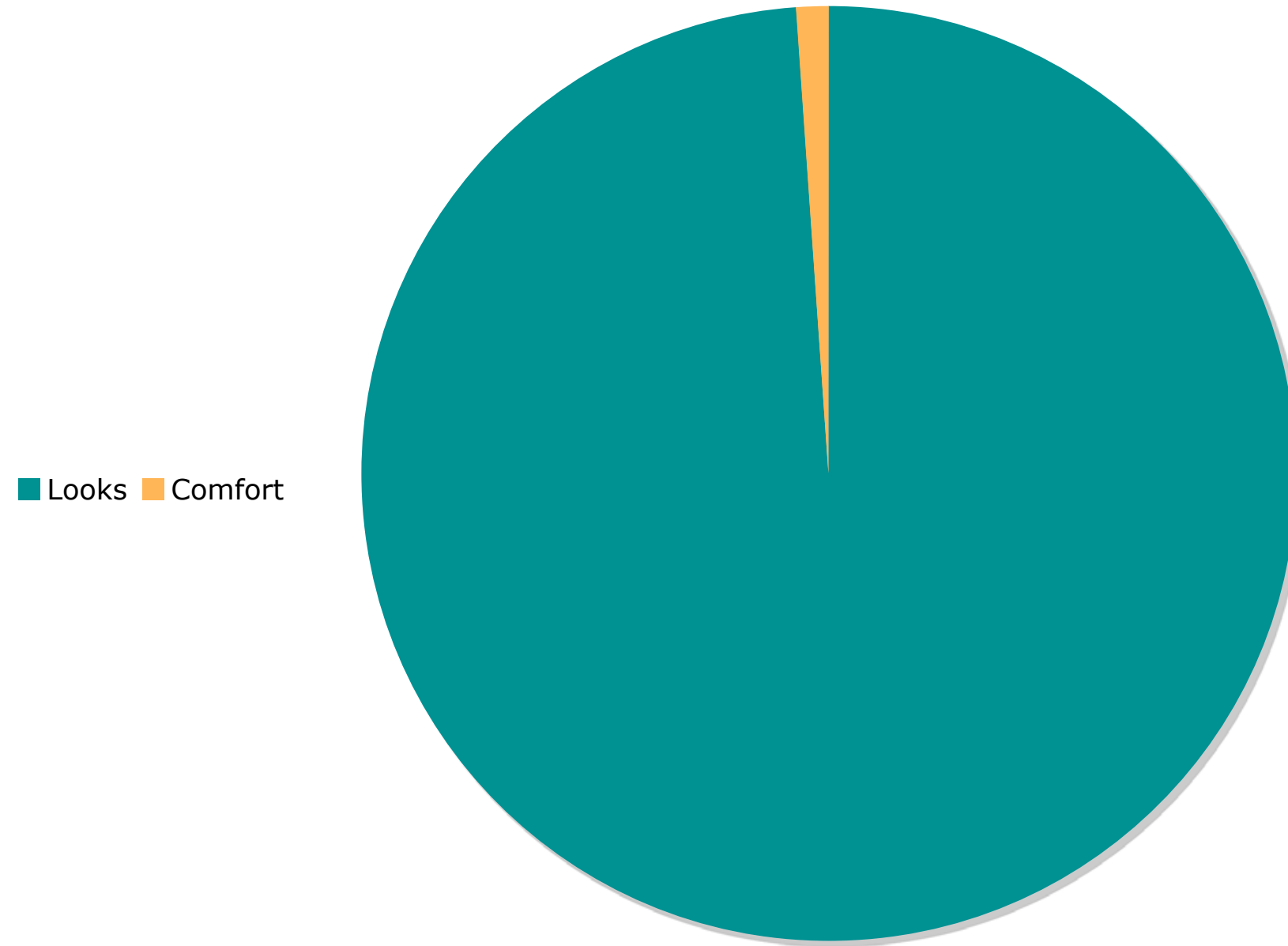
proof that yin & yang exist:

**Arrested Development was cancelled the
same day 7th Heaven was picked up for
another season:**

novemeber 11th 2005.

yin & yang: good with the bad.

How I Choose A Pair Of Shoes



MORE PROOF

**I went to a three week outdoor
adventure camp during summers
in grade school. We camped
out the entire trip, rode bikes
from campsite to camp site
and did different activities like
backpacking the Appalachian
Trail, rock climbing, and white
water rafting.**

**One year I was sent home due
to bug bites.**

**I had 37 on my right hand
alone.**

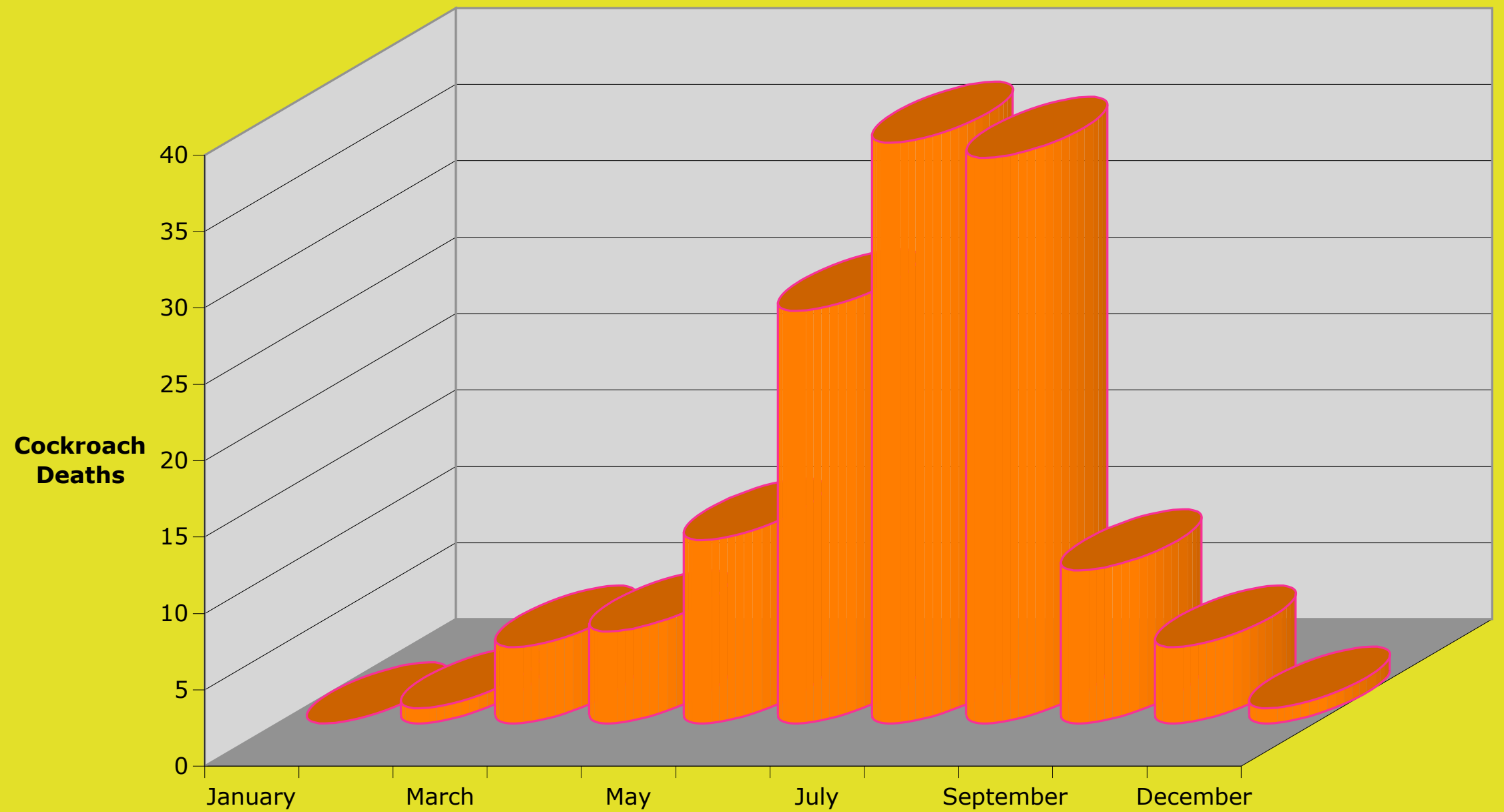
**They evacuated me on a small
prop plane out of Nowhere,
Maine.**

**My parents squirmed when
they picked me up from
the airport.**

**They took pictures.
I made them burn
them.**

**I have a terrible
relationship with
bugs.**

Cockroaches Killed With A Paperback Copy of American Psycho In My Atlanta Apartment



**My friend Garrett can do anything.
He always believes I can too.**

This belief is not without difficulty.

He's a pro cyclist, a sub 2:45 marathon runner and all around physiological genetic badass.

Since being his friend I have trusted him when he said,

“Hey let's go ride our bikes to the coffee shop.”

Turned out the coffee shop that was “just right” was 90 miles away.

“I think this is a short cut.” He knew it wasn't.

The latest call came like this: “Hey Bec, I went snowboarding with Frank yesterday. We walked over to Winter Park.”

“Gar, you live 50 miles from Winterpark.”

“Yeah, it was awesome. So I was thinking you and I should do something like that.”

“What did you have in mind?”

“Well I thought maybe we could hike a mountain.”

“Yeah, that sounds cool.”

“Okay good, I'm sending you over some information on what you'll need to prepare.”

And then this came...

■ ■ ■

On Dec 27, 2007 11:09 PM, Garrett Peltonen <garrett.peltonen@gmail.com> wrote:

**Hey Bec,
I think this Denali thing is gonna be a piece of cake. And its not that expensive for the permit... just getting to alaska will be the problem. Below is everything you'll need.**

oh, learn to climb.

Gear List:

You should bring the following personal gear (+ clothing for the city and bar...):

Clothing:

4-6 pr Socks, Mountaineering/ Expedition
few pr Socks, Liner
1 pr Double-plastic Boots, (Scarpa Inverno or similar)
1 pr Overboots (Brooks ranger, 40 Below, K2-Superlight)
1 Long Underwear Set, Lightweight synthetic
1 Long Underwear Set, Mid-weight synthetic
1 Long Underwear Set, Expedition synthetic
1 thin fleece sweater (optional: windstopper jacket)
1 thick fleece or down Vest
1 Jacket, Gore-Tex Shell
1 Down Parka with compression sack
1 Pant or Bib, Gore-Tex Shell
1 fleece pant (Down pant additional for in camp if you get cold easily)
1 Balaclava/ facemask, windproof
1 Neck Gaiter
1 Mittens, Down, Dry-loft shell or similar system (fleece mittens with

Gore-tex shell will also do)
1 Glove Shell, Gore-Tex
1 Glove, Fleece, Windstopper
2 pr Glove Liner
1 Cap/Hat, Sun
1 Bandana 1 Backpack, Expedition size (6,000+ cu in)
2 Duffel Bags, Large; low weight or waterproof is preferred
2 Locks
Nalgene 1L Water Bottle with insulator 1 3l camelbag, preferably insulated
1 Water bottle insulator
1 Pee Bottle, about a liter, wide opening.
1 Sleeping Bag (-20 dg F, -30dg C or better)
1 Sleeping Bag Liner
1 Compression bag (for sleeping bag)
1 Therma-Rest or similar self inflating Sleeping Pad, 3/4 or full length (weight!)
1 Z-Rest or similar closed cell pad, full length; this additional to the Thermarest!
1 Therma-Rest Seat Kit or light camp seat
1 Bivy Sack
Assorted stuff sacks and waterproof (trash) bags for caching.
Climbing gear General stuff
1Pickel/Axe, Glacier
1 Pair Crampons, 10 point minimum, must fit your boots with/without over boots, bring adjustment tool if needed.
1 short prussik rope (1m/3ft), 4 long prussik ropes (for rescue and sleds)
1 Ascender, Jumar or Petzl Tibloc
3 Locking Karabiner, at least one of them an HMS
1 Long Sling, 6 foot
1 short sling, 3 foot
4 Karabiners (1 quickdraw and 2 biners), wiregate or similar
1 Climbing Harness

1 Pulley, for rescue
1 Pair of snowshoes. Must fit your boots and must have crampons or be able to use your own crampons (for example Grivel Violinos (lightweight))
1 Pair adjustable trekking poles

Glasses: 1 glacier Glasses, with nose guard, Cebe or similar
1 Pr. Sunglasses, Cebe or similar (glacier strength: 4000)
1 ski goggles, double lens to avoid fogging

Cooking/Eating Gear

1 Mug, Insulated w/top
1 Bowl
1 Spoon, Titanium or hard plastic
2 Lighters
Personal spices

Repair Kits/Spares

1 Therma-Rest Repair kit
1 Camera Battery, Lithium or solar charger

Personal Stuff

Personal medication/food/snacks/drinks
1 Sunscreen, spf 23+
1 Lip Balm, moisturizing for ski/mountaineering
1 Leatherman, swiss army knife or similar
1 charged Cellular phone-only works if we get a subscription that works in Denali park
1-2 charged spare batteries for phone
1 Altimeter watch
1 Compass (besides the one on your watch)
Toiletries
1 Journal & pen
Camera and extra, extra film :-)
3 Rolls Toilet Paper, Wash/Wipes
Cash
Kleenex for cleaning glasses etc.
Books!

Medication:

Personal medication; if you insist on using diamox, you will have to take it yourself; bring plenty of aspirin or similar. 2 emergency chemical Heat pads 30 Anti-acid pills 25 multivitamin pills emergency blanket

Snacks: 1-2 candybars per day, snickers, twix, powerbars, peanut crunch etc; also powergels and other high calorie stuff. Test them at home and while under physical stress. Taste is important!

Drinks: caffeine is bad for your acclimatization. Herbal tea is therefore preferred. we'll bring coffee though, i cannot live with my kick, please bring instant coffee Bring powdered energy drinks for at least the 10 'active' days (Isostar)

Group gear
Kitchen Sets w/spices, Pot Lifters
1 10-Liter Pot (melting snow for water)
Dragon-fly Stoves
Food for all days
Fuel Fuel Bottles
Expedition Tents
Tent poles & stakes
Tent repair kit
Pole repair sleeve
General purpose repair kit
Pickets, ice screws, extra slings Shovels & Snow saws
Crevasse probing pole
alarm Clock
GPS
Tie-wraps, plastic
Sewing kit
Duct Tape
Maps
Denali Guide Book
Radio Transceivers (CB radio)
Sleds Wands for marking caches and trails
First Aid Kit

Itinerary for Denali

DAY 1: ARRIVE IN ANCHORAGE.

DAY 2: TRAVEL TO TALKKEETNA.
Establish Base Camp at 7,000 feet.

DAY 3: CARRY SUPPLIES TO CAMP 1 (7,770 FEET).
Just south of the junction to the NE Fork of the Kahiltna Glacier.

DAY 4: MOVE REMAINING SUPPLIES AND ESTABLISH CAMP 1.

DAY 5: HAUL LOADS UP TO THE SITE OF CAMP 2, near Kahiltna Pass .

DAY 6: MOVE EVERYTHING TO CAMP 2 NEAR KAHILTNA PASS.

DAY 7: HAUL LOADS TO JUST BELOW WINDY CORNER (13,300 FEET).

DAY 8: MOVE CAMP TO EITHER 12,500 OR ALL THE WAY TO 14,300 FEET.

DAY 9: MELLOW DAY.
Move camp from 12,500 ' to 14,300'

DAY 10: REST DAY

DAY 11 : CLIMB UP THE HEADWALL TO 16,100, continue on the West Buttress to 17,200 feet. Cache supplies and return to 14,300 feet.

DAY 12: MOVE CAMP TO EITHER 16,100 or 17,200 feet.

DAY 13: RETURN TO CACHE AT 16,100' or MOVE CAMP TO 17,200'

SUMMIT DAY: Eight to twelve hours or more for the round- trip climb. You probably will not feel normal up at 20,320

feet. . This is supposed to be fun ?

DESCENT: The descent will take one or two days.
Usually you descend to 14,300', 11,000' or lower. And then on to base camp.

Day 18-22:
Additional days on the expedition are intended to account for the likelihood of bad weather at any point in the climb. For example, if we have a bad weather

Day 23: Arrive home.

NOTE ON ITINERARY :
Denali weather is notorious for unforgiving and unpredictable conditions.

**

I'll send you training tips tomorrow. And I think i'm going to learn how to fly a small plane so i can fly us to Alaska, but I kinda wanna drive.

- GP

P.S. its raining. you should be outside camping. it's good prep.



I used to lay in the park after long adventures with Garrett, reading stories about Everest while eating tunafish sandwiches

with fat free cheese and a think layer of ketchup that would drip out with each bite.

Its four years later. And I no longer put ketchup on my sandwiches now that I'm in training.

ONE MORE

FOR THE

ROAD.

it still sticks

I got stuck in a kiddy stroller, upside down, so my butt was in the air and my face was on the ground, in the main lobby of an Ikea, while what seemed like hundreds of people came in, staring at me, through the store's only entrance, when I was 15. A janitor was called to dismantle the stroller so I could wiggle out.

I act my shoe size.

for more:

rebecca.schepps@gmail.com

609.529.5300

or visit www.beccaschepps.com